

Looking at Life Quality: How it Works



Once every three years, a visitor will call and find out if you'd like to talk about your life for awhile. You can say yes if you'd like to have someone visit you. You can say no if you don't want someone to visit you. You can also call us to have a visit sooner than 3 years.



If it's OK with you, the visitor will come and meet with you at your home, your day program, or wherever you'd like to have the visit. You can invite anyone you'd like to have with you during the visit.



The visitor wants to hear you tell about the things you like in your life and the things you don't like. If it's OK with you, the visitor will also talk about your life with the people who help you out.



After your visit, your visitor will write down what you talked about. What the visitor writes down is called a **LQA Summary**. That stands for **Life Quality Assessment Summary**. It's YOUR story.



If you want, you can write your own LQA! A visitor can show you how to do that. A visitor can also help you write down the things you want to put into your summary. If you want to write your own LQA, call the Area Board or tell your visitor.



After the visitor writes down what you talked about, we'll mail your LQA to you and to your Service Coordinator. If you want copies of your LQA to go to anyone else, tell your visitor.



You and your Service Coordinator can use your LQA to help you make sure your life is going the way you really want!

If you want more information or would like to have a visit, you can call us.

Our phone number is 473-6930.